

## REGISTRATION

**WHOLE "SHE"-BANG!      \$275**

**Discounted entire weekend pricing:**

*includes everything listed below  
(Friday night lodging + Saturday dinner)*

### Individual Options (Please Circle)

**Friday WITH lodging      \$100**

Activities but NO overnight      \$75

*includes use of sauna and fire ceremony  
along with other activities on Friday.*

**Saturday (all day)      \$120**

*includes Yoga, lunch, massage, break out  
sessions, workshops and supplies for malas*

Saturday Dinner      \$50

**Sunday      \$35**

*includes yoga, brunch, closing activities*

**TOTAL ENCLOSED      \$ \_\_\_\_\_**

*for credit card payments on individual options,  
please call or come into the studio*

**NAME \_\_\_\_\_**

**Contact preference (email or text):**

**To Register:** fill out above and bring/mail  
with payment to On The Path Yoga

**Full Weekend** registration is also available  
**online** @ [www.OnThePathYoga.com](http://www.OnThePathYoga.com)

**Questions?** call 616-935-7028 or  
email [sandy@OnThePathYoga.com](mailto:sandy@OnThePathYoga.com)

ON THE PATH YOGA  
701 E. Savidge #3  
Spring Lake, MI 49456



An "At Home" Retreat  
November 5-7

*The sage loves deeply.  
The warrior fights for humanity.  
This is the path of  
Revolutionary Love.*

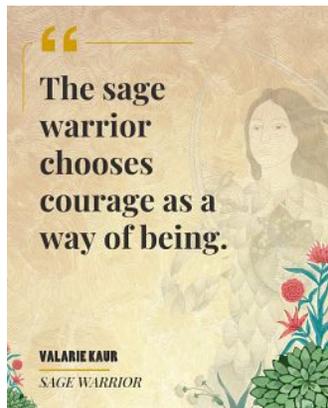
**How do we find the wisdom to envision  
a new world and the courage  
to fight for it?  
In a world on fire, how do we find  
love and joy?**

These words open Valerie Kaur's **Sage Warrior**, an exploration of ancient wisdom and modern courage through the lens of Sikhism. Her book and the Jayanti (birthday) of Guru Nanak, the first guru of the Sikh lineage, serve as inspiration and guidance for our retreat.

We welcome all woman-identifying people to join us in all or part of this weekend of finding our Sage Warrior spirit.

Our retreat begins on the banks of the Grand River with an option to spend the night at a yurt in the new Idema Explorers Camp. We then return home to On The Path Yoga for the remaining activities-providing both an outdoor adventure and an "at home" experience.

Experience the wisdom, power, and compassion of becoming a Sage Warrior engaging in Revolutionary Love. This is the medicine of our time and the path to a better future.



**Friday 3:00 Retreat starts at Ottawa Sanda Idema Explorers Camp Yurts**

**Befriend the Body:** hiking, sauna, forest bathing, and more

6:00 **Gathering:** Wake to Oneness

6:30 **Langar** (dinner) guests are invited to bring a side dish or dessert

7:30 **Opening Circle:** Create Sacred Space

**Fire Ceremony** to follow

**Saturday 9:00 Gentle Yoga** (studio) or **Riverside Meditation** (yurt check out by 10:30)

11:00 **Chats & Charcuterie** gathering, community, light lunch

12:00 **Wisdom Circle:** Activate Power

1:30 **Mala Workshop**

2:30-5:30 **Breakout sessions** readings, massage, and more

5:30 **Warrior Kirtan:** Feel Our Rage

6:30 **Group Dinner @ Two Tonys** (optional; included in full weekend pricing)

**Sunday 10:00 Gentle Yoga**

11:30 **Brunch** (studio)

12:30 **Sharing Circle:** Choose Courage

1:30 **The Sage Warrior Path:** Embrace Rebirth